



## THE BEACH

# Summer 2016 SWIMMING LESSONS

**June 27—Sep 4, 2016**

**Registration Begins:  
Tuesday, May 24, 2016 at Noon**

|            |  |
|------------|--|
| Online:    | <a href="http://seattle.gov/parks">seattle.gov/parks</a> |
| In Person: | 8825 Rainier Ave S                                       |
| By Phone:  | 206.386.1925   |

### TOTS LESSONS

**Ages: 6 months - 4 years**

Under the guidance of an instructor, parents introduce their infants and toddlers to the swimming pool. We teach basic water adjustment and swimming movements using songs and games, with an emphasis on enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult (18 years or older). Swim diapers or tight fitting plastic pants are required.

### THREE-YEAR-OLDS LESSONS

**Age: 3**

Our instructors introduce children to these swimming skills: basic water adjustment, bubbles, breath-holding, front and back floats, kicking, arm pulls, and water safety skills. Children must have completed one session of Tots and must be willing to work in the water with an instructor.

### KINDER LESSONS

**Ages: 4 & 5**

Participants start with basic water adjustment and advance through front and back floats, flutter kick, rolling from front to back, side breathing, crawl stroke with side breathing, backstroke, whip kick, treading water, diving, and water safety skills. On the first day of class, children are sorted into groups by ability.

### BEGINNING SWIMMER LESSONS

**Ages: 6 – 16**

In our beginning swimmer class, children will work on floating, bubbles, crawl stroke, side breathing, backstroke, whip kick, and diving. On the first day of class, children are sorted into groups by ability.

### ADVANCED SWIMMER LESSONS

**Ages: 6 – 16**

**Prerequisite:** Swimmers must have passed Beginning Swimmer, be comfortable in deep water, and swim 25 yards of strong crawl stroke, backstroke, whip kick, and dolphin kick. Advanced swimmer adds breaststroke, butterfly, and backstroke along with longer distances and stroke refinement.

Participants who do not meet this prerequisite will be dropped from the course and moved to a Beginning Swimmer class, if space is available. Pretests are available during Public Swims.

### CLOSURES:

- \* No lesson Monday 7/4, for Independence Day
- † No lesson Friday 7/15, for Summer Swim League Meet (PM classes only)
- ‡ No lesson Saturday 7/30, for Summer Swim League Meet (all classes)

### REFUNDS:

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, and special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- After the start of the second lesson, no refund of any kind will be given.
- A transfer from one class to another is permitted without cost if done on the same business day as the original registration, and is subject to space availability.
- No fee is charged for a transfer initiated by Seattle Parks and Recreation Staff when done to correct an error in registration or to allow for a better recreation opportunity.

| Class                     | Days           | Times          | Dates       | # Classes | Cost     | Barcode |
|---------------------------|----------------|----------------|-------------|-----------|----------|---------|
| Tots<br>6 months- 4 years | Monday         | 5:30-6:00 PM   | 6/27 - 8/29 | 9*        | \$63.00  | 150657  |
|                           | Mon&Wed        | 9:30-10:00 AM  | 6/27 - 7/27 | 9*        | \$63.00  | 150659  |
|                           |                |                | 8/1 - 8/31  | 10        | \$70.00  | 150660  |
|                           | Tuesday        | 4:30-5:00 PM   | 6/28 - 8/30 | 10        | \$70.00  | 150672  |
|                           | Tuesday        | 6:00-6:30 PM   | 6/28 - 8/30 | 10        | \$70.00  | 150673  |
|                           | Tue&Thu        | 9:30-10:00 AM  | 6/28 - 7/28 | 10        | \$70.00  | 150674  |
|                           |                |                | 8/2 - 9/1   | 10        | \$70.00  | 150676  |
|                           | Wednesday      | 5:30-6:00 PM   | 6/29 - 8/31 | 10        | \$70.00  | 150678  |
|                           | Thursday       | 4:30-5:00 PM   | 6/30 - 9/1  | 10        | \$70.00  | 150668  |
|                           | Thursday       | 6:00-6:30 PM   | 6/30 - 9/1  | 10        | \$70.00  | 150671  |
|                           | Friday         | 9:30-10:00 AM  | 7/1 - 9/2   | 10        | \$70.00  | 150656  |
|                           | Friday         | 5:30-6:00 PM   | 7/1 - 9/2   | 9†        | \$63.00  | 150643  |
|                           | Saturday       | 9:00-9:30 AM   | 7/2 - 9/3   | 9‡        | \$63.00  | 150661  |
|                           | Saturday       | 9:30-10:00 AM  | 7/2 - 9/3   | 9‡        | \$63.00  | 150663  |
| Sunday                    | 9:30-10:00 AM  | 7/3 - 9/4      | 10          | \$70.00   | 150666   |         |
| Sunday                    | 10:00-10:30 AM | 7/3 - 9/4      | 10          | \$70.00   | 150665   |         |
| Class                     | Days           | Times          | Dates       | # Classes | Cost     | Barcode |
| 3 Year Olds               | Monday         | 4:00-4:30 PM   | 6/27 - 8/29 | 9*        | \$112.50 | 150616  |
|                           | Monday         | 5:00-5:30 PM   | 6/27 - 8/29 | 9*        | \$112.50 | 150617  |
|                           | Monday         | 5:30-6:00 PM   | 6/27 - 8/29 | 9*        | \$112.50 | 150618  |
|                           | Mon&Wed        | 9:30-10:00 AM  | 6/27 - 7/27 | 9*        | \$112.50 | 150620  |
|                           |                |                | 8/1 - 8/31  | 10        | \$125.00 | 150625  |
|                           | Mon&Wed        | 10:00-10:30 AM | 6/27 - 7/27 | 9*        | \$112.50 | 150619  |
|                           |                |                | 8/1 - 8/31  | 10        | \$125.00 | 150624  |
|                           | Tuesday        | 6:00-6:30 PM   | 6/28 - 8/30 | 10        | \$125.00 | 150635  |
|                           | Tue&Thu        | 9:30-10:00 AM  | 6/28 - 7/28 | 10        | \$125.00 | 150637  |
|                           |                |                | 8/2 - 9/1   | 10        | \$125.00 | 150639  |
|                           | Tue&Thu        | 10:30-11:00 AM | 6/28 - 7/28 | 10        | \$125.00 | 150636  |
|                           |                |                | 8/2 - 9/1   | 10        | \$125.00 | 150638  |
|                           | Wednesday      | 4:00-4:30 PM   | 6/29 - 8/31 | 10        | \$125.00 | 150640  |
|                           | Wednesday      | 5:00-5:30 PM   | 6/29 - 8/31 | 10        | \$125.00 | 150641  |
|                           | Wednesday      | 5:30-6:00 PM   | 6/29 - 8/31 | 10        | \$125.00 | 150642  |
|                           | Thursday       | 6:00-6:30 PM   | 6/30 - 9/1  | 10        | \$125.00 | 150632  |
|                           | Friday         | 10:00-10:30 AM | 7/1 - 9/2   | 10        | \$125.00 | 150612  |
|                           | Friday         | 4:00-4:30 PM   | 7/1 - 9/2   | 9†        | \$112.50 | 150613  |
|                           | Friday         | 5:00-5:30 PM   | 7/1 - 9/2   | 9†        | \$112.50 | 150614  |
|                           | Friday         | 5:30-6:00 PM   | 7/1 - 9/2   | 9†        | \$112.50 | 150615  |
|                           | Saturday       | 9:30-10:00 AM  | 7/2 - 9/3   | 9‡        | \$112.50 | 150627  |
|                           | Saturday       | 2:45-3:15 PM   | 7/2 - 9/3   | 9‡        | \$112.50 | 150626  |
|                           | Sunday         | 9:30-10:00 AM  | 7/3 - 9/4   | 10        | \$125.00 | 150631  |
|                           | Sunday         | 10:00-10:30 AM | 7/3 - 9/4   | 10        | \$125.00 | 150629  |

### **Do you know a swimmer who needs a scholarship?**

**To learn more about applying or to receive a Low-Income Scholarship application, please speak to a lifeguard or front desk attendant.**

**Approved scholarships may be used for any swimming lesson, with additional funding available to Kinder, Beginning Swimmer, and Advanced Swimmer lessons.**

| Class   | Days      | Times               | Dates       | # Classes      | Cost    | Barcode |
|---|-----------|---------------------|-------------|----------------|---------|---------|
| <b>Kinder</b><br>Ages 4-5 Years Old             | Monday    | 4:30-5:00 PM        | 6/27 - 8/29 | 9*             | \$76.50 | 150588  |
|   | Monday    | 6:00-6:30 PM        | 6/27 - 8/29 | 9*             | \$76.50 | 150589  |
|   | Mon&Wed   | 10:30-11:00 AM      | 6/27 - 7/27 | 9*             | \$76.50 | 150590  |
|   |           |                     | 8/1 - 8/31  | 10             | \$85.00 | 150591  |
|   | Tuesday   | 4:00-4:30 PM        | 6/28 - 8/30 | 10             | \$85.00 | 150598  |
|   | Tuesday   | 5:00-5:30 PM        | 6/28 - 8/30 | 10             | \$85.00 | 150599  |
|   | Tue&Thu   | 10:00-10:30 AM      | 6/28 - 7/28 | 10             | \$85.00 | 150600  |
|   |           |                     | 8/2 - 9/1   | 10             | \$85.00 | 150601  |
|   | Wednesday | 4:30-5:00 PM        | 6/29 - 8/31 | 10             | \$85.00 | 150602  |
|   | Wednesday | 6:00-6:30 PM        | 6/29 - 8/31 | 10             | \$85.00 | 150603  |
|   | Thursday  | 4:00-4:30 PM        | 6/30 - 9/1  | 10             | \$85.00 | 150596  |
|   | Thursday  | 5:00-5:30 PM        | 6/30 - 9/1  | 10             | \$85.00 | 150597  |
|   | Friday    | 9:30-10:00 AM       | 7/1 - 9/2   | 10             | \$85.00 | 150587  |
|   | Friday    | 10:30-11:00 AM      | 7/1 - 9/2   | 10             | \$85.00 | 150584  |
|   | Friday    | 4:30-5:00 PM        | 7/1 - 9/2   | 9 <sup>†</sup> | \$76.50 | 150585  |
|   | Friday    | 6:00-6:30 PM        | 7/1 - 9/2   | 9 <sup>†</sup> | \$76.50 | 150586  |
|   | Saturday  | 9:00-9:30 AM        | 7/2 - 9/3   | 9 <sup>‡</sup> | \$76.50 | 150594  |
|   | Saturday  | 10:00-10:30 AM      | 7/2 - 9/3   | 9 <sup>‡</sup> | \$76.50 | 150592  |
|   | Saturday  | 2:45-3:15 PM        | 7/2 - 9/3   | 9 <sup>‡</sup> | \$76.50 | 150593  |
|   | Sunday    | 10:30-11:00 AM      | 7/3 - 9/4   | 10             | \$85.00 | 150595  |
| Class   | Days      | Times               | Dates       | # Classes      | Cost    | Barcode |
| <b>Beginning Swimmer</b><br>Ages 6-16 Years Old | Monday    | 4:00-4:30 PM        | 6/27 - 8/29 | 9*             | \$63.00 | 150558  |
|   | Monday    | 5:00-5:30 PM        | 6/27 - 8/29 | 9*             | \$63.00 | 150559  |
|   | Monday    | 6:30-7:00 PM        | 6/27 - 8/29 | 9*             | \$63.00 | 150560  |
|   | Mon&Wed   | 9:30-10:00 AM       | 6/27 - 7/27 | 9*             | \$63.00 | 150562  |
|   |           |                     | 8/1 - 8/31  | 10             | \$70.00 | 150564  |
|   | Mon&Wed   | 10:00-10:30 AM      | 6/27 - 7/27 | 9*             | \$63.00 | 150561  |
|   |           |                     | 8/1 - 8/31  | 10             | \$70.00 | 150563  |
|   | Tuesday   | 4:30-5:30 PM        | 6/28 - 8/30 | 10             | \$70.00 | 150574  |
|   | Tuesday   | 5:30-6:00 PM        | 6/28 - 8/30 | 10             | \$70.00 | 150575  |
|   | Tuesday   | 6:30-7:00 PM        | 6/28 - 8/30 | 10             | \$70.00 | 150576  |
|   | Tue&Thu   | 9:30-10:00 PM       | 6/28 - 7/28 | 10             | \$70.00 | 150578  |
|   |           |                     | 8/2 - 9/1   | 10             | \$70.00 | 150580  |
|   | Tue&Thu   | 10:00-10:30 AM      | 6/28 - 7/28 | 10             | \$70.00 | 150577  |
|   |           |                     | 8/2 - 9/1   | 10             | \$70.00 | 150579  |
|   | Wednesday | 4:00-4:30 PM        | 6/29 - 8/31 | 10             | \$70.00 | 150581  |
|   | Wednesday | 5:00-5:30 PM        | 6/29 - 8/31 | 10             | \$70.00 | 150582  |
|   | Wednesday | 6:30-7:00 PM        | 6/29 - 8/31 | 10             | \$70.00 | 150583  |
|   | Thursday  | 4:30-5:30 PM        | 6/30 - 9/1  | 10             | \$70.00 | 150571  |
|   | Thursday  | 5:30-6:00 PM        | 6/30 - 9/1  | 10             | \$70.00 | 150572  |
|   | Thursday  | 6:30-7:00 PM        | 6/30 - 9/1  | 10             | \$70.00 | 150573  |
|   | Friday    | 9:30-10:00 AM       | 7/1 - 9/2   | 10             | \$70.00 | 150557  |
|   | Friday    | 10:00-10:30 AM      | 7/1 - 9/2   | 10             | \$70.00 | 150553  |
|   | Friday    | 4:00-4:30 PM        | 7/1 - 9/2   | 9 <sup>†</sup> | \$63.00 | 150554  |
|   | Friday    | 5:00-5:30 PM        | 7/1 - 9/2   | 9 <sup>†</sup> | \$63.00 | 150555  |
|   | Friday    | 6:30-7:00 PM        | 7/1 - 9/2   | 9 <sup>†</sup> | \$63.00 | 150556  |
|   | Saturday  | 10:30-11:00 AM      | 7/2 - 9/3   | 9 <sup>‡</sup> | \$63.00 | 150565  |
|   | Saturday  | 11:30 AM - 12:00 PM | 7/2 - 9/3   | 9 <sup>‡</sup> | \$63.00 | 150566  |
|   | Saturday  | 2:45-3:15 PM        | 7/2 - 9/3   | 9 <sup>‡</sup> | \$63.00 | 150567  |
|   | Sunday    | 10:00-10:30 AM      | 7/3 - 9/4   | 10             | \$70.00 | 150568  |
|   | Sunday    | 11:00-11:30 AM      | 7/3 - 9/4   | 10             | \$70.00 | 150569  |
|   | Sunday    | 11:30-12:00 PM      | 7/3 - 9/4   | 10             | \$70.00 | 150570  |

| Class   | Days      | Times               | Dates       | # Classes | Cost     | Barcode |
|---|-----------|---------------------|-------------|-----------|----------|---------|
| <b>Advanced Swimmer</b><br>Ages 6-16 Years Old        | Monday    | 5:30-6:00 PM        | 6/27 - 8/29 | 9*        | \$63.00  | 150523  |
|   | Tuesday   | 6:00-6:30 PM        | 6/28 - 8/30 | 10        | \$70.00  | 150551  |
|   | Wednesday | 5:30-6:00 PM        | 6/29 - 8/31 | 10        | \$70.00  | 150552  |
|   | Thursday  | 6:00-6:30 PM        | 6/30 - 9/1  | 10        | \$70.00  | 150550  |
|   | Friday    | 5:30-6:00 PM        | 7/1 - 9/2   | 9†        | \$63.00  | 150522  |
|   | Saturday  | 11:00-11:30 AM      | 7/2 - 9/3   | 9‡        | \$63.00  | 150547  |
|   | Saturday  | 2:45-3:15 PM        | 7/2 - 9/3   | 9‡        | \$63.00  | 150548  |
|   | Sunday    | 10:30-11:00 AM      | 7/3 - 9/4   | 10        | \$70.00  | 150549  |
| <b>Pre-Competition</b><br>Ages 6-17 Years Old         | Friday    | 5:30-6:30 PM        | 7/1 - 9/2   | 9*        | \$126.00 | 150606  |
| Class   | Days      | Times               | Dates       | # Classes | Cost     | Barcode |
| <b>Special Population</b><br>Ages 6-17 Years Old      | Monday    | 4:30-5:00 PM        | 6/27 - 8/29 | 9*        | \$63.00  | 150608  |
|   | Tuesday   | 5:00-5:30 PM        | 6/28 - 8/30 | 10        | \$70.00  | 150610  |
|   | Wednesday | 4:30-5:00 PM        | 6/29 - 8/31 | 10        | \$70.00  | 150611  |
|   | Thursday  | 5:00-5:30 PM        | 6/30 - 9/1  | 10        | \$70.00  | 150609  |
|   | Friday    | 4:30-5:00 PM        | 7/1 - 9/2   | 9†        | \$63.00  | 150607  |
| <b>Adult Clinic</b>                                   | Friday    | 6:00-6:30 PM        | 7/1 - 9/2   | 9†        | \$63.00  | 150511  |
| Beginning & Intermediate <b>Adult</b><br>Ages 16 & up | Monday    | 6:00-6:30 PM        | 6/27 - 8/29 | 9*        | \$63.00  | 150513  |
|   | Mon&Wed   | 11:30-12:00 PM      | 6/27 - 7/27 | 9*        | \$63.00  | 150514  |
|   |           |                     | 8/1 - 8/31  | 10        | \$70.00  | 150515  |
|   | Tue&Thu   | 10:30-11:00 AM      | 6/28 - 7/28 | 10        | \$70.00  | 150518  |
|   |           |                     | 8/2 - 9/1   | 10        | \$70.00  | 150519  |
|   | Wednesday | 6:00-6:30 PM        | 6/29 - 8/31 | 10        | \$70.00  | 150520  |
|   | Friday    | 10:30-11:00 AM      | 7/1 - 9/2   | 10        | \$70.00  | 150512  |
|   | Saturday  | 11:00-11:30 AM      | 7/2 - 9/3   | 9‡        | \$63.00  | 150516  |
|   | Sunday    | 11:30 AM - 12:00 PM | 7/3 - 9/4   | 10        | \$70.00  | 150517  |

## **WOMEN OF THE WORLD LESSONS**

Seattle Parks and Recreation is proud to offer single gender swimming lessons for women who, because of cultural or personal reasons cannot swim in a co-ed environment. During these programs the windows to the pool are covered for privacy and only female instructors are employed.

| Class   | Days   | Times        | Dates     | # Classes | Cost    | Barcode |
|---|--------|--------------|-----------|-----------|---------|---------|
| <b>Tots</b><br>6 months - 3 years<br>(Girls and Boys)             | Sunday | 5:30-6:00 PM | 7/3 - 9/4 | 10        | \$70.00 | 150701  |
| <b>Kinder</b><br>Ages 4 and 5 Years Old<br>(Girls Only)           | Sunday | 6:00-6:30 PM | 7/3 - 9/4 | 10        | \$85.00 | 150700  |
| <b>Beginning Swimmer</b><br>Ages 6-16 Years Old<br>(Females Only) | Sunday | 5:30-6:00 PM | 7/3 - 9/4 | 10        | \$70.00 | 150699  |
| <b>Women &amp; Teens</b><br>12 Year Old & up<br>(Females Only)    | Sunday | 6:00-6:30 PM | 7/3 - 9/4 | 10        | \$70.00 | 150692  |